

## Chicken Sandwich (COLD)25

Number of Servings: 25 (223.27 g per serving)

Amount	Measure	Ingredient
3 1/8	lb	Chicken, broiler/fryer, breast, w/skin, stwd
1 1/8	cup	Dressing, Miracle Whip
50.00	ea	Lettuce, green leaf, fresh, inner leaf
100.00	pce	Tomatoes, red, fresh, year round avg, mex
12 1/2	oz	Cheese Product, Swiss, past, proc, slice
50.00	slc	Bread, whole grain, slice

### Nutrients per serving

Nutrition Facts	
Serving Size (223g)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 540mg	23%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 26g	
Vitamin A 30%	Vitamin C 20%
Calcium 25%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Spread 1 tsp Miracle Whip on each slice of bread. Place 2 oz chicken (approx 1/2 cup cubed or sliced) on one slice of bread, top with 4 tomato slices and 2 lettuce leaves and 2nd slice of bread with Miracle Whip.

1 sandwich = 1 serving = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
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#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.